

**Springwell Nutrition Program: Grab and Go Lunch Menu**  
**Brookline Senior Center 93 Winchester Street 617-730-2747**  
**OCTOBER 2020**

<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>	<b>MEAL CHANGES:</b> Starting 10/15 meals will be send chilled, see reheating instructions below for chilled meals.
<p style="text-align: center; color: red;"><b>FOOD ALLERGIES</b></p> <p>Review menus carefully to identify those meals that contain items you are allergic to and notify the site staff. Don't hesitate to call the Springwell Dietitian at (617) 926-4100 if you need help identifying the ingredients of a meal. Please be sure to only order those menu items which do not present a problem for you. Springwell does not keep track of individual allergies and has no way of knowing what you are allergic to</p>		<p><b>2. Stuffed Pepper</b> w/Rustic Tomato Sauce Au Gratin Potatoes Scali Bread <b>Chocolate Pudding</b></p>	<ul style="list-style-type: none"> <li>Please call your lunch reservations by 10:30 a.m. <u>two business days before.</u></li> <li>If you would like to cancel your meal reservation, please call by 10:30 a.m. two business days before.</li> <li>\$2.00 Suggested donation per meal.</li> </ul> <p><b>YOU CAN OBTAIN A COPY OF YOUR MONTHLY MENU AT</b>  <a href="http://WWW.SPRINGWELL.COM">WWW.SPRINGWELL.COM</a></p>
<p><b>5. Boneless Chicken</b> w/Pesto Sauce Rice Pilaf Carrots Whole Wheat Bread <b>Cantaloupe</b></p>	<p><b>7. Lasagna (V)</b> w/Marinara Sauce Parsley Garnish Roasted Cauliflower Scali Bread <b>Peaches</b></p>	<p><b>9. Potato Pollack</b> w/Tartar Sauce Buttered Red Bliss Potatoes Broccoli Hamburger Bun <b>Apple Crisp</b> Frozen meal will be send for 10/12 today.</p>	<p style="text-align: center;"><u><b>Hot Meal Re-Heating Instructions</b></u></p> <p><b>Conventional oven</b></p> <ul style="list-style-type: none"> <li>Consumers should freeze meals if not consume right away. <b>Follow the frozen meal re-heating instructions</b></li> <li>Peel back the plastic lid to vent or slit film in each section.</li> <li>Re-heat on a cookie sheet and set oven at 350 degrees F. for 10 minutes.</li> </ul> <p><b>Microwave oven</b></p> <ul style="list-style-type: none"> <li>Re-heat meal in microwave 2 to 3 minutes maximum on high</li> </ul>
<p><b>12. Columbus Day Holiday</b> <b>NO MEAL SERVICE TODAY</b></p>	<p><b>14. Braised Pork</b> w/Apples &amp; Onions Roasted Sweet Potatoes Corn Rye Bread <b>Cantaloupe</b></p>	<p><b>16. Aloha Chicken</b> Whipped Sweet Potatoes Spinach Multigrain Bread <b>Mixed Fruit</b></p>	<p style="text-align: center;"><u><b>Frozen Meal Re-Heating Instructions</b></u></p> <p><b>Conventional oven</b></p> <ul style="list-style-type: none"> <li>Peel back the plastic lid to vent or slit film in section</li> <li>Heat frozen meal in conventional oven, place meal on cookie sheet and set oven at 350 degrees F. for 30 minutes maximum.</li> </ul> <p><b>Microwave oven</b></p> <ul style="list-style-type: none"> <li>Heat frozen meal in microwave 3-5 minutes maximum on high</li> </ul>
<p><b>19. Autumn Special</b> Chicken Cordon Blue Baked Potato Jardinière Vegetable Blend Garlic Dinner Roll <b>Pumpkin Pudding w/Topping</b></p>	<p><b>21. Hot Dog on Roll</b> w/Ketchup, Mustard &amp; Relish Baked Beans Cole Slaw <b>Pineapple</b></p>	<p><b>23. Salmon w/Scarpariello</b> Sauce Sweet Potato Broccoli/Cauliflower Wheat Bread <b>Carrot Cake w/Cream Cheese Frosting</b></p>	<p style="text-align: center;"><u><b>Chilled Meal Re-Heating Instructions</b></u></p> <p><b>Conventional oven</b></p> <ul style="list-style-type: none"> <li>Eat or refrigerate immediately.</li> <li>Reheat in oven at 350 degrees for 10-20 minutes.</li> </ul> <p><b>Microwave oven</b></p> <ul style="list-style-type: none"> <li>Reheat in microwave on high for 2 to 3 minutes</li> <li>Peel back corner to vent</li> <li>Do not reheat in toaster oven.</li> </ul>
<p><b>26. Lasagna w/Tomato</b> Sauce &amp; Chicken Meatball Fresh Broccoli Scali Bread <b>Vanilla Pudding w/Topping</b></p>	<p><b>28. Greek Chicken</b> Whipped Sweet Potatoes Collard Greens &amp; Onions Cranberry Orange Loaf <b>Pineapple</b></p>	<p><b>30. Crumb Topped (V)</b> Macaroni &amp; Cheese*** Fresh Baked Tomato Half Oatmeal Bread <b>Fresh Fruit</b></p>	<p><u><b>\$2.00 Suggested donation per meal. Please make checks payable to Springwell</b></u></p> <p>On the memo line please add: <u>Brookline Senior Center</u>  Send check to: Attention: Arianny Medina  Springwell, Inc.  307 Waverley Oaks Road Suite 205  Waltham MA 02452</p>